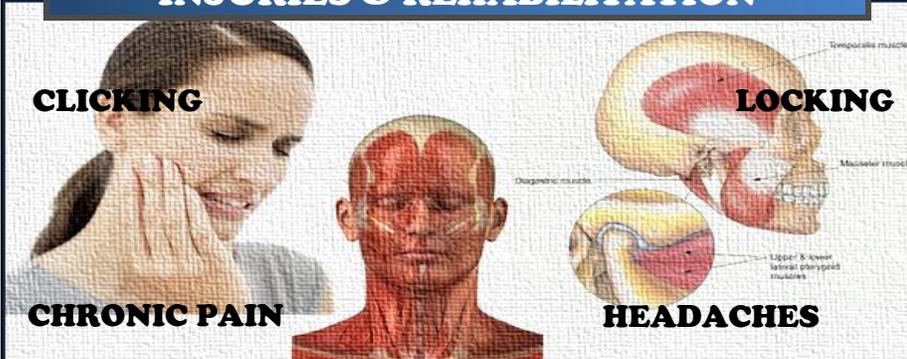


**TEMPORAL MANDIBULAR JOINT  
INJURIES & REHABILITATION**



Temporal Mandibular Joint (TMJ) is the anatomical name given to the JAW BONE, connection between the skull and mandible (lower jaw). The two are held together with a network of muscles, ligaments and other soft tissue. All function together to allow us to do various movements, such as: chewing, swallowing, breathing etc. The TMJ has been causing people problems for decades, and the debate continues as to the cause being muscular or articular (joint) related. This brief article will explore what is the cause of the pain? What are the Signs & Symptoms? And do YOU have to LIVE with this PAIN?

Pain or dysfunction is typically caused by a yawn, clenching teeth, eating hard foods, prolonged dental procedures etc. All of the above can lead to secondary muscular problems within the jaw itself, which in turn establishes a recurrent syndrome of pain and spasm. There are a number of muscles that surround the jaw and with chronic tension can cause not only local pain, reduced range of motion but also referred pain to areas of the head and neck leading to headaches and/or migraines.

**S/S**—Pain or tenderness, aching/pain in or around ear, discomfort while chewing with possible locking of the jaw, headaches etc.

**HELPFUL TIPS TO REDUCE PAIN AND/OR REOCCURRENCE OF SYMPTOMS**

- Avoid extremely hard foods especially GUM, Hard candies etc.
- Try to keep your teeth apart slightly at all times, even when your lips are closed
- Wear a night guard (prevents grinding)
- Consciously relax facial muscles
- Proper posture & stretching of neck
- Gently press up against the bottom of your jaw so that when you yawn, your jaw does not open more than necessary
- ice pack wrapped in a towel on side of jaw (reduce inflammation & pain)

**HOW CAN REGISTERED MASSAGE THERAPY HELP YOU?**

Massage Therapy can help reduce the pain associated with TMJ discomfort by treatment of the muscles of the face & local mobilizations to the joint they connect. In some cases, intra-oral work is indicated to treat muscle tension of those areas deep within the joint. A specific rehabilitation program of stretching and isometric strengthening is imperative to restore normal joint function and range of motion. **For more information or for treatment/rehabilitation please contact our trained professionals at BODY MOVEMENT THERAPEUTICS today! Visit us online @ [www.bmtherapeutics.com](http://www.bmtherapeutics.com)**

**CLINIC  
NEWS**

**Acton Winter Carnival**

was a great success! Lot of fun for the whole family, and some great raffle prizes were won!

**Visit online or follow Body Movement Therapeutics on Facebook to see some great photos from the day!**

**2013 READERS CHOICE  
AWARD VOTES ARE IN!!**

CONGRATULATIONS to Body Movement Registered Massage & Sports Injury Therapist, **Heather Rutherford** who was awarded **FAVORITE MASSAGE THERAPIST ACTON**



"I am truly honoured and grateful to receive this Award. Thank you to all of our valued clients, your continued support is very much appreciated. I look forward to helping you in 2013 to maintain a healthy & pain free lifestyle!"

